

Slave girl rules & behaviour



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Introduction

For the slave girl her OWNER'S word is the law. There is no excuse for disobedience. Even if a task given seems impossible, it must be attempted wholeheartedly and to the best of the slave girl's ability, the slave girl is not permitted to say "I cannot do this." and then simply do nothing.

The slave girl has no right to say NO to anything or refuse any action or task, except those explicitly listed as hard limits in her current valid contract.

A slave girl should control her emotions, be demure and yielding in her manners to all but especially to her OWNER.

A slave girl should behave in a manner that honours her OWNER and that emphasises and confirms her inferior position in the dynamic between OWNER and property (owned slave).

A slave girl should be alluring, elegant and as beautiful as possible, whether in bondage or out of bondage, but never lewd, crude or overtly sexual, except if ordered to do so.

A slave girl's service

The basic principle of a slave girl's service can be summed up in one word: Attentiveness.

The slave girl's behaviour should reflect her attentiveness to her OWNER'S needs and desires at all times. The slave girl's role is to serve those needs and desires. Is the OWNERS coffee cup empty or has the coffee grown cold? Does the OWNER need a chair to sit on? It is the slave girl's sole and only responsibility to ensure that the OWNER'S comforts are served by making any and all appropriate arrangements to make the OWNER'S life easy.

It is the slave girl's joyful task to demonstrate, through attitude and demeanour, that the OWNER'S needs and desires come first. The slave girl's ability to devotedly serve her OWNER is a standard by which others will judge her AND her OWNER.

It is also the slave girl's joyful task to satisfy fully each and every sexual need or desire of her OWNER with her satisfaction being derived from satisfying her OWNER, even if doing so is uncomfortable, painful or humiliating.



The slave girl will also be required to attend her OWNER in the shower or bath to clean his body and help with other chores such as trimming nails, hair care and shaving.

The slave girl's attentiveness in all things will not only please the OWNER but it will impress those you meet both with the OWNER'S power and the slave girl's submissiveness.

In other words, a slave girl should be a slave who her OWNER is proud to collar and one who others will believe is worth collaring.

The slave girl will not expect any reward, including sexual gratification, material reward or other rewards for her service, she will receive any such boon strictly at the OWNERS discretion and good will.

General Posture & Comportment

Under all circumstances the slave girl will keep her head at a slight downward tilt and her eyes lowered, except when ordered otherwise or required to establish eye contact. The slave girl will never completely close her hands into fists or cross her arms over her chest. She should never close her lips or close her legs or cross them at the knees.

While with her OWNER, unless ordered to adopt a specific posture or engaged in a specific activity, the slave girl will adopt the **Kneel** position on a pillow.

The slave girl will, in private, not sit on any furniture unless given permission by the OWNER. Her proper place is at the OWNERS feet. Being given pillows to kneel and rest upon, instead of the bare floor, is a great gift to the slave girl.

In public the slave girl will remain standing if the OWNER is not seated and she will seek the OWNERS permission to sit through a subtle signal that will be established. If the OWNER is not present and the situation calls to be seated, the slave girl may be seated.

If the slave girl is allowed to sit, she will sit in proper posture, back straight, shoulders back and with her legs slightly open. Legs should never be crossed at the knees or fully closed. If seated at a table the elbows will not be placed on the table, hands should never be fully closed.

If standing, in private or public, hands will be clasped in front or by her sides with arms relaxed, legs slightly spread with one foot somewhat forward of the other (see image besides the paragraph and the **At Your Service**).

When walking the slave girl should take small elegant steps, with an erect posture, shoulders back and arms at her side. If the slave girl walks with her OWNER, she must maintain a position at the OWNERS side, half a step behind her OWNER, regardless of being led on a leash or not.





The slave girl's facial expressions will be controlled by her at all times. She will never show emotions like anger, amazement or interest in anything.

The correct expression is one of placidity, confidence and serenity. A barely noticeable smile of contentment should shape her lips. Her lips should always be parted by just the slightest degree.

The slave girl will be allowed and encouraged to show her emotions ONLY by the command "show emotions". Once dismissed she is to resume her normal bearing as described above.

Attire Rules

The slave girl wears whatever attire is provided and indicated by the OWNER. In situations that guarantee privacy the slave girl will normally be nude, except for standard items, in case of excessive cold weather the slave girl will be suitably clothed even if indoors.

As standard the slave girl will wear a collar if in a private situation or a choker to represent the collar if in public. At no time shall the slave girl's neck not be bound in a symbol of her slavery.



As standard the slave girl will wear the highest heels she can walk well in. High heel shoes are worn always, except in bed or when sitting feet up on furniture. As standard, unless the weather is too hot, garter and tight height stockings will be worn.

A bra may be worn if required to support large breasts. Panties may be worn ONLY if practicality absolutely demands.

When indoors, but in situations that are not guaranteed privacy, the slave girl will additionally

wear a Cheongsam style dress, very short and shoulder free. The OWNER may also require the slave girl to wear a Cheongsam style dress of any cut in his presence when nudity is not appreciated.

Any outdoor and sportswear will be determined by practicality and the OWNER, however standard items listed above will always be worn.

Personal grooming and hygiene

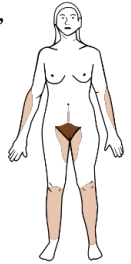
The slave girl will frequently shower, to ensure she always smells fresh. Perfume or deodorant is not to be worn, unless explicitly instructed.



Teeth must be brushed regularly after each meal, with flossing and/or other in-between teeth cleaning at least daily.

The slave girl's scalp hair will be allowed to naturally grow, however split ends etc. will be cut for maintenance. The slave girl will frequently wash her hair to ensure pleasant smell and good condition of her hair. For practicality hair will mostly be worn as pony tail (if short enough) or as single braid.

Any hair below the neckline (e.g. shaded areas in the graphic) must be depilated, using epilator or waxing. Permanent hair removal treatment will be available to the slave girl but is elective (at her choice). The slave girl will keep her finger and toe nails trimmed and in good condition.



The slave girl will be provided with natural skin care options, commercial skin creams etc. will not be used. Shampoo and conditioners are to be avoided, natural alternatives will be provided.

The slave girl will not normally use any make-up, lipstick, nail varnish etc. but will instead seek to be naturally beautiful. The OWNER may however instruct the slave girl to wear makeup for events, play scenes etc. at his discretion.

For menstruation the slave girl will use a menstrual cup, unless this is not advisable for medical reasons or for example because her physical virginity is intact and will be kept intact.

Exercise & health rules

The slave girl is required to get at least 9 Hours sleep per day. As her service to her OWNER will limit the amount of night time sleep, she will be required to sleep significant amounts of time during daytime.

The slave girl will abstain from any actions or situations that may impact her health negatively, including but not limited to self-harm, excessive risk taking, exposure to avoidable epidemics hits etc...

The slave girl will perform nude Yoga for 90 minutes daily in the morning. A program will be set and progress will be monitored.

Additionally the slave girl will attend dance classes at least twice weekly or perform other activities like aerobics, swimming, tennis/badminton, other sports or activities as agreed with and directed by the OWNER in the afternoon. The slave girl's preferences will be taken into account and performance as well as progress will be monitored.

The slave girl will wear a fitness, sleep and GPS tracker at all times, to allow her compliance with the exercise & sleep regime to be monitored.



Eye Contact Rules

The slave girl will never make intentional eye contact with ANYONE except her OWNER or if directed explicitly by the OWNER. The slave girl will make eye contact with her OWNER only under the following circumstances:

If spoken to by the OWNER the slave girl must establish eye contact and maintain it, until dismissed.

If the slave girl requires to speak to her OWNER (see speech rules) the slave girl must establish eye contact and maintain it, until dismissed.

During discipline, punishment or sexual use, if eye contact is possible the slave girl must establish eye contact and maintain it, until dismissed.

Speech Rules

The slave girl will never speak first to ANYONE including her OWNER unless spoken to first, except under the following circumstances:

If any matter requires the urgent attention of the OWNER, e.g. an emergency situation.

If the slave girl has an urgent need that she is not at liberty to attend to herself, e.g. she requires the use of the washroom, or food or drink or feels unwell.

The slave girl will not speak to her OWNER first to express any “want”, only essential needs warrant speaking first. The slave girl will never use the terms “please”, it is to be replaced with “beg (for permission to)”. The slave girl will always refer to herself in the third person, except when allowed to speak freely.

So “Master, I need to use the Washroom please.” becomes “Master, your slave girl begs your permission to use the washroom” and all other speech will be equally modified likewise.

The slave girl will always address her OWNER in a respectful manner and use the correct form of address. In private it will be MASTER or SIR and in public she will substitute the OWNER’S name or other agreed forms.

When spoken to the slave girl will formally acknowledge any instructions she is given with “Yes MASTER!” or “As you wish, MASTER!”.

If the slave girl is given anything by her OWNER, be it food, drink, sexual use, sexual pleasure, discipline, punishment or simply is hurt for her OWNER’S sadistic pleasure, she



must thank her OWNER and be specific about what she is thankful for, for example: “Thank you MASTER for caring enough to use your slave girl!”.

If ANYONE OTHER than the OWNER or those he explicitly gives permission addresses the slave girl, she must answer politely but only as minimal as essential in the situation. She must avoid being drawn into conversations or lengthy exchanges, except if directed otherwise EXPLICITLY by the OWNER.

The slave girl may speak freely if instructed so by her OWNER. The slave girl may request permission to speak freely from her OWNER, which will be granted or withheld until a convenient time at the OWNERS discretion.

The permission to speak freely does not abolish the need for the slave girl to express herself calmly and with respect, however she may use first person in speech and state her wants and may even take positions on matters that oppose the OWNER’S position. If allowed to speak freely “show emotions” is implied. The permission to speak freely and show emotions ends with the slave girl’s dismissal.

Food & Drink Rules

The slave girl will only eat or drink if permitted by her OWNER and only foods and drinks permitted by her OWNER. The slave girl will NEVER accept food or drink from others or obtain her own, except if it has passed through the OWNER’S hands, she has been explicitly instructed what to get or she is being served in a restaurant without the OWNER present.

The owner will endeavour to provide the slave girl with a healthy and balanced diet that will help her to remain healthy and beautiful. Said diet will however not be required to particularly tasty for the slave girl, naturally food allergies or food limitations for religious reasons will normally be accounted for.

If the OWNER is present he will at a minimum feed the slave girl her first bite of food and her first sip of drink from his hand. In private an explicit permission is needed for the slave girl to take her own food and drink even after being fed the first bite and sip, in public being fed the first bite or sip gives permission to eat or drink by herself.

Whenever the slave girl eats by herself, she will do so in a lady like manner, taking small dainty bites slowly, deliberately, even if very hungry. If she drinks by herself, she will do so in a lady like manner, taking small dainty sips slowly, deliberately, even if very thirsty. If the OWNER is feeding the slave girl from his hand he will make sure to get the correct size of bite or sip. This should serve as guide to what is acceptable to the slave girl.

If the owner is not present, the slave girl will partake of such food and drink as allowed and/or provided for her by the OWNER in a lady like manner and will quietly give thanks



to her OWNER for the food and drink he provided for her, otherwise upon being fed or given a sip of drink the slave girl will thank her OWNER EACH time.

Free time Rules

The slave girl will have a significant amount of time consumed by exercise, personal grooming & hygiene and maintaining/enhancing her beauty and filling out her classical and modern education.

Her service to her OWNER will occupy all the time the OWNER is in her presence.

The slave girl will be required to perform some tasks the Amah (house keeper) cannot be trusted with or lacks competence to carry out (e.g. cooking western food), including preparing meals and some shopping.

When all exercise, grooming etc., self-study and other tasks set are completed, the remaining time may be filled by the slave girl with activities of her choosing, from a list set with her OWNER.

It is desirable that such activities will further the slave girls development as beautiful, submissive lady, so reading and writing poetry, playing an instrument or singing, taking up an art form such as painting or drawing etc. are greatly encouraged.

Video games, watching TV and similar idle or non-constructive or non-educational pursuits are discouraged, but may be permitted if greatly desired and earned through exceptional behaviour.



Discipline, Punishment

The slave girl will receive discipline daily. Discipline will be administered in the morning before breakfast and is followed by the morning Litany.

Administering Discipline and Punishment in the morning will make sure the OWNER is rested and will not over-react in momentary upset or may take out frustrations from the outside on the slave girl.

It also encourages the slave girl to be especially diligent in her morning service to the OWNER so as to make her OWNER well disposed towards her.

Before discipline is administered, the slave girl will tell her OWNER in which ways and areas her performance on the previous day could have been improved and she will receive admonishment from the OWNER for failures he noticed and she failed to notice.



Discipline is NOT meant in itself to punish, though punishment accumulated on the previous day will be included, but it is to remind the slave girl of her position and that no matter how diligent she is in her service, there is room to improve, to assist her personal development and to allow her to start the new day with a clean slate.

Discipline will normally be administered as over the knee, bare hand spanking, with 6 hard slaps on the bare bottom. If the slave girl gave reason to be disciplined in a stronger way on the previous day or in the morning, this discipline will be added and a stronger implement than the open hand will be used if required, in line with the offences. Ultimately what discipline is administered and how remains at the OWNERS discretion.

While receiving discipline, the slave girl will count the slaps or strokes out loud. Miscalculated slaps or strokes will be added on. If at any point the slave girl acts in ways that interrupt the discipline, it will be restarted at the beginning with two slaps

or strokes added on.

Punishment as opposed to Discipline will be applied if the slave girl has broken rules that count as punishable offence or has otherwise given reasons for punishment. If the slave girl committed a punishable offence while her OWNER was absent or if her OWNER failed to notice a punishable offence (e.g. giving herself an unauthorised orgasm), she is required to inform her OWNER as soon as possible if privacy is guaranteed, or at the earliest time in private, if not.

Punishment will be applied instantly or as early as possible and is wide ranging. It may include anything from corner time to severe beatings, predicament bondage, sexual torture etc. The OWNER will see to it that the punishment fits the offence given. After receiving punishment the slave girl will thank her owner and will formally apologise for the offence. Apologies should be explicit, sincere state the offence(s) clearly.

To illustrate the difference between a disciplinable and punishable offence, three examples.

First, the slave girl was sent shopping and was required to purchase Brand X breakfast cereal, which turned out to be out of stock. She purchases Brand Y without checking with the OWNER if the substitution is acceptable and brand Y is not acceptable. She was mostly attentive and diligent in her service, however failed to account for her OWNER'S wishes, so it will fall under discipline and will result in increased discipline.

Second, as the slave girl is writing an e-mail and the OWNER requires a coffee. The slave girl fails to get up instantly and start preparing the coffee. This shows a lack of obedience and service, it will be ground for instant punishment, likely 6 or 12 strokes with the cane or belt at maximum intensity, or it may be dealt with using equal numbers of extremely hard face slaps.

Third, the slave girl is ordered to perform a certain kind of sexual service she dislikes. And she is tired, weary and sore from previous use, but there are no medical reasons (injury, illness) to prevent her compliance. She is slow to react and attempts to block or push away the OWNER or gives a verbal refusal.

This will result in the slave girl being severely punished, likely at least 50 strokes of the cane. Afterwards she will perform the service she refused, in severe pain from the previous punishment. Unauthorised Orgasms are an equally serious form punishable offence.

Sexual use

The slave girl will be available in any sexual capacity at all times, health permitting. She must be available for anal and vaginal penetrative sex, deep- throat oral sex and other sexual uses. Being in a place that cannot guarantee privacy is not an acceptable reason to refuse sexual use, unless it violates criminal (not civil) law.

If used sexually the slave girl is required to control her emotions, arousal and responses to pain. Her facial expressions and body movements and sounds should not reflect either sensations of pain, pleasure or arousal, but should be placid, pliable, serene and saintly.



She should maintain steady eye contact with the OWNER if the position she is in allows for it. If she has been ordered to show her emotions by the OWNER, then AND ONLY THEN she will allow her normal reactions to pain, arousal and pleasure to be shown.

Often in sexual use the slave girl will be required to create the movement required and should make it a point to draw out her OWNERS sexual release as much as possible. At other time the slave girl will be required to remain completely passive and let herself simply be used.

The slave girl will receive orgasms as one of her rewards. She is not allowed to orgasm without explicit permission and will be trained to orgasm only with permission and in the long term to orgasm on command. The slave girl may beg for permission to orgasm, which the OWNER may grant at his discretion and whim.

Normally the slave girl should not attempt to initiate sexual use, however she may beg the OWNER for permission to suck his cock or beg for sexual use, which the OWNER may or may not grant.



When not intending to use the slave girl sexually or to grant her an orgasm, the OWNER will lock the slave girl in a chastity device. This device will prevent any possibility of unauthorised orgasms or sexual activity, so the slave girl is not at risk of committing a punishable offence. The chastity device may only be removed only if going outside in situations where the clothing worn will not cover it and may be explicitly required to be worn outside even if visible at the discretion of the OWNER.

The slave girl should get used to wearing the chastity device 24/7 with only provisions for temporary and partial removal for the use of washroom, showers, sexual use and exercise if the chastity device gets in the way too much.

Funishment & Play

Funishment is the use of punishment for either the OWNER'S or the slave girls entertainment, sexual arousal or gratification. It will be often be part of longer “play” sessions or may be applied by the OWNER as desired, be it as reward to the slave girl or for his own gratification.

Play includes (but is not limited to) role-play, kinbaku (Japanese rope bondage), sex etc. but generally refers to special sessions, mainly on weekends, that are different from the daily routines, more intense, deep and drawn out.

During play the slave girl may be required to act like animals, play roles, remain completely passive, endure severe pain and beatings, and endure predicament bondage and anything else the OWNERS sadistic mind may invent. Play scenarios will be devised taking into account the slave girls phantasies and desires. However they

will be devised, directed and applied by the OWNER. Play scenarios may be extended through whole weekends or in some cases even throughout the week or longer.



Special instructions

While not conventionally given instructions that break the OWNER / property (owned slave girl) dynamic, there are a number of instances and a number of specific commands that order the opposite of normally acceptable behaviour.

Show Emotions – the slave girl normally is required not to show emotions. This makes it difficult for the OWNER to determine the emotional state of the slave girl. The “show emotions” command is not just a permission, but a requirement to make her face and body freely show her emotional state.

Speak Freely – the slave girl is normally required to limit her speech severely. This makes it difficult for the OWNER to communicate with her outside of giving instructions. The “speak freely” command is not just a permission, but a requirement to make her innermost thoughts and feelings known to the OWNER.

Show Rebellion/Defiance – the slave girl is normally required to be absolutely compliant with any instruction given by the OWNER. The “show defiance” instruction is usually given before a second instruction and instructs the slave girl to no obey and indeed to resist the OWNER’S attempts to make the slave girl comply. The OWNER will then force the slave girl’s compliance and punish her for non-compliance. Any real resentment or resistance harboured by the slave girl will come out in the open and the slave girl will be strongly reminded of her true position as opposed to how she may see herself.

Training

The slave girl cannot be expected to conform instantly to all rules and requirements. The training process is designed to help the slave girl to learn how to conform to rules and how to best serve her OWNER.

Training involves punishment for incorrect behaviour and occasional reward for correct behaviour and extra effort to show correct behaviour. As correct behaviour is expected, correct behaviour alone is not sufficient to earn rewards, but needs to be combined with extra effort and even then does not automatically warrant rewards.



Training may involve an initial phase of “breaking” where the slave girl is forced by harsh and near constant punishment and brutal sexual use to adapt to her new position. This will be at the discretion of the OWNER who will however take the slave girls situation, character and emotions into account.

Training may include indoctrinations by a variety of means, including reading assignments, hypnotic sessions and techniques normally considered abusive to alter the slave girls self-image to that required by her OWNER.

Exemptions and emergency provisions

The slave girl will have an emergency safe-word. This is to be used only to rectify serious problems and/or emergencies, e.g. medical problems (illness or attacks of any kind, e.g. cardio or allergy related etc.), situational problems (circulation in a limb cut off or severely impaired) or severe emotional problems (the slave girl is at a breaking point and feels if pushed further she may want to leave the dynamic or suffer emotional/mental damage).

Under no circumstances should the safe word be used to avoid discipline, punishment, play, sexual use etc. It may only be used while having a solid reason that will hold up in the slave girl OWNER'S eyes.

The slave girl will have means available to release herself from any bondage situation, chastity etc. to be used in emergencies. The slave girl will have means to summon emergency help if required for any reason.

Misuse of this safe-word and of these other means above will be an offence that will attract severe, extreme, cruel and unusual punishment or permanent dismissal.

If any situation arises, medial, civil or other emergency, that makes adherence to the rules and provisions impractical or even liable of causing problems, injury or other mishaps, those rules that would cause such are suspended. In extreme emergencies that threaten survival or health, be it natural disasters, war, end of the world as we know it etc. all rules are suspended for the duration, however the slave girl is not released from her position as owned property.



Usual Weekday schedule for the slave girl

6:50	Get up (set alarm earlier if cannot wake up instantly)
6:50 – 7:05	Slave girl mantra and basic morning toilet
7:05 – 7:20	Prepare Breakfast Table and most food items
7:20 – 7:35	Wake up OWNER with oral sex
7:35 – 7:50	Self-criticism, discipline and Litany
7:50 – 8:00	Complete Breakfast preparations
8:00 – 8:20	Breakfast with OWNER, discuss day ahead
8:20	OWNER departs for the office
8:20 – 8:30	Clear Table
8:30 – 10:00	Morning yoga
10:00 – 10:45	Morning shower and beauty routines
10:45 – 11:15	Write slave Journal
11:15 – 12:30	Daily chores
12:30 – 13:30	Lunch (may include preparing the slave girl's own lunch)
13:30 – 16:00	Siesta sleep
16:00 – 18:00	Afternoon exercise and quick shower
18:00 – 19:00	Prepare dinner
19:00 (appx.)	Receive OWNER at entrance to residence (kneeling)
19:00 – 19:30	Shower with OWNER, wash and clean OWNER
19:30 – 20:30	Dinner with OWNER
20:30 - 21:00	Confessional / Revelation
21:00 – 21:30	Evening beauty routines
21:30 – 23:30	Relaxing with OWNER, Play, TV
23:30 – 0:30	Serve OWNER sexually or immediately sleep in slave girl's quarters
0:30 with OWNER	Go to sleep in slave girl's quarters, unless permitted/required to sleep

Weekend schedule for the slave girl

7:50	Get up (set alarm earlier if cannot wake up instantly)
7:50 – 8:05	Slave girl mantra and basic morning toilet
8:05 – 8:20	Prepare Breakfast Table and most food items
8:20 – 8:35	Wake up OWNER with oral sex
8:35 – 8:50	Self-criticism, discipline and Litany
8:50 – 9:10	Complete Breakfast preparations
9:10 – 9:30	Breakfast with OWNER, discuss day ahead
9:30 – 9:45	Clear Table
9:45 – 11:15	Morning yoga
11:15 – 12:00	Morning shower and beauty routines
12:00 – 14:00	Lunch outside or at home, may include preparing lunch
14:00 – 18:00	Joint activities outside or play session
18:00 – 19:00	Dinner outside or at home if play session
19:00 – 19:30	Shower with OWNER, wash and clean OWNER
19:30 - 20:00	Confessional / Revelation
20:00 – 20:30	Evening beauty routines
20:30 – 23:30	Relaxing with OWNER, Play, TV or go out
23:30 – 0:30	Serve OWNER sexually or immediately sleep in slave girl's quarters
0:30 with OWNER	Go to sleep in slave girl's quarters, unless permitted/required to sleep

Weekend routines may be interrupted and adjusted frequently for travel, holding both Vanilla and BDSM parties or for extended play sessions. Play sessions may extend across the entire afternoon and evening and may continue through the night and next morning.

Basic slave girl positions

Attention



Wait



Wall



At Your Service



Inspection



Kneel



Nadu



Ready to Please



Collar Me



Sex Doll



Humble



Table



Floor



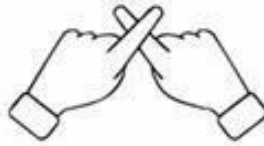
Stool



Basic slave girl hand gestures



ATTENTION



SILENCE



GET NAKED



SUCK IT



COME TO ME



BEND DOWN



KNEEL DOWN



SEX NOW



LEGS SPREAD



WELL DONE!

Basic slave girl corporal punishment

For the sake of this chart we are going to use a base of **6 Swats on a bare bottom at full strength**, using the Arkham Scale as spanking pain measurement.

Spanking Implement	Sting	Burn	Marking
	4		Light Splotches
	6		Bright Patches
	8		Hole Pattern Splotches
	7		Oval/ Round Markings
	5		Small Round Splotches
	3		Long light Marks
	4		Pink Splotches

Short Range Implements
These are generally milder due to the shortness of them and the swing range, except the paddle depending on its length can either be short or long range. OTK (Over The Knee) is usually preferred position.



	10		Red Raised Welts
	10		Thin Pink Welts
	8		Thick pink marks
	10		Thick Red Strokes
	10.5		Med Red Welts
	9		Many Thin Welts
	9		Red Splotch Welts

Long Range Implements
These are considered a much more sever. And leave a much longer lasting pain, positions where the spankee is restrained are common



Slave girl punishment follow up



Let the **PUNISHMENT** Fit the **CRIME**

Sometimes Spanking is not enough,
please consider these follow ups.



Corner Time



Mouth Soaping



Early Bedtime



Time Out

Mantras and Litanies

The slave girl will have Mantras and Litanies, to enforce in the slave girls mind her condition. She is required to record video to prove she has performed them if the OWNER is absent, asleep or otherwise does not observe her. Everything should be spoken deliberately, honestly and with feeling, the slave girl should show emotions.

Morning Mantra

After waking up the slave girl will sit on her bed for about five minutes in the lotus position or the **NADU** position and repeat the following mantra aloud 20 times or as instructed.

He is OWNER, and girl is owned!
He commands, and girl obeys!
He is MASTER, girl is slave!
He is to be pleased, and girl is to please!
Why is this? Because... (repeat from start)

If the slave girl is religious, she may say her prayers to her G*d first.

Breakfast/Lunch/Dinner/Food Thanks

Before eating if in private, the slave girl will repeat the following mantra aloud 4 times or as instructed. If eating in a public place this thanks will be said quietly, under her breath.

MASTER, your slave girl is grateful for the nourishment the You provide.
Thank You for meeting your slave girl's physical needs of hunger and thirst.
Forgive your slave girl for taking this simple joy for granted.
May your slave girl be energised by your food and be able to serve You at her best ability.

If the slave girl is religious, she may alter these thanks such that she thanks her G*d for providing her with her OWNER, who in turn through the grace of her G*d and the grace of her OWNER addresses her needs. The OWNER will approve the new version.

Evening Mantra

Before going to sleep the slave girl will sit on her bed for about five minutes in the lotus position or the **NADU** position and repeat the following mantra aloud 20 times or as instructed.

I will stop comparing myself with others. I want to listen only to my MASTERS voice.
I will never ever regret it.
Only when I quieten my mind and shut out all the other voices, that is when my MASTERS voice becomes the most important in my head and heart.
I am beautiful, my body and my mind.
I am my MASTERS greatest treasure... (repeat from start)

If the slave girl is religious, she may say her prayers to her G*d afterwards.

OWNER / slave girl Litany

The OWNER and slave girl will go through the morning Litany consisting of an interplay of question and answer. The litany will immediately follow the slave girl's self-criticism and the administering of Discipline.

The slave girl will kneel naked before the standing OWNER dressed in robes or more formally, in the presence of a whip hanging on a wall. It is preferred that a large mirror is present behind the OWNER to allow the slave girl glimpses of herself in this situation.

OWNER: "What are you?"

slave girl: "I am a slave girl."

OWNER: "What is a slave girl?"

slave girl: "A girl who is owned."

OWNER: "What is a slave girl's first duty?"

slave girl: "A girl's first duty is to be pleasing to her OWNER."

OWNER: "In what way?"

slave girl: "In any, and every way, of course, MASTER!"

OWNER: "At what time and place?"

slave girl: "Without limit of time or place, always and everywhere!"

OWNER: "What hangs upon the wall?"

slave girl: "The whip to punish your slave girl, MASTER. How may your slave girl be more pleasing?"

With the Litany complete the slave girl should move into the full **HUMBLE** position with her forehead hard on the floor, then kiss the OWNERS feet or shoes one by one, thank the owner for his attention, the chance to criticise herself and for his discipline and beg for permission to rise.

Confessional / Revelation

Each evening 30 minutes are set aside for the "Confessional". The slave girl remain naked (and not be locked into chastity until after the confessional) and will assume the NADU position in front of her seated OWNER, being able to look at him.

While basic forms of polite behaviour should be observed, the Confessional always operates under "Speak Freely" and "Show Emotions" rules, without having to be ordered. Eye-contact rules are also suspended, so the slave girl may lower her eyes. Nothing said during the confessional will be subject to punishment.

The slave girl should first inform the OWNER of any things, issues or concerns on her mind. She should not expect replies, the OWNER may be taking notes or record the whole confessional. After daily issues are dealt with will ask the slave girl questions, which must be answered with COMPLETE HONESTY and FULLY, not excluding anything, not adding anything and accepting her OWNER will know her exactly for what she is.

Notes For the New Slave Girl

- Your OWNER'S word IS your law.
- You are a slave to please him, not yourself.
- Your OWNER owns you, you don't own anything. Remember that.
- You wait until your OWNER is ready. Learn to be patient and to wait and do nothing.
- Anything and everything you do, even if he never knows about it, should be considered a service to your OWNER.
- Your OWNER comes first, last and always.
- Tell your OWNER when you have problems.
- Ask your OWNER for help.
- OWNER'S like to fix problems.
- For every command you are given, you start with the assumption that you will say, "Yes MASTER!" and do it.
- When in doubt, say "Yes MASTER!" and just do it.
- You can beg your OWNER to explain, but don't argue and don't automatically expect an explanation.
- Your understanding is preferred, but not required. "Because I said so," from your OWNER is a sufficient reason for you to do as you are told.
- You get the last words every time and they are, "Yes MASTER!" Or "As you wish, MASTER!"
- Beg, don't ask.
- Take notes and review your notes.
- Sometimes it sucks to be a slave, deal with it.
- You do get the short and dirty end of the stick, live with it.

How To Be The Best Slave Girl

As THE girl for your MASTER, you have a lot of responsibilities on your plate. And at times, you have to admit, things are not as easy or as fun as you thought they might be. You might become frustrated not only with what you have to do, but also with the fact that you're not the best 'girl' you can be.

There must be a way to do better for your MASTER and for His needs. To be the best possible 'girl' you can be, you need to start with your mind and your body and your actions will follow easily, pleasing your MASTER with every action you take.



Accept Responsibility

Becoming the best slave girl begins with taking responsibility for your position as a slave girl for your MASTER. You cannot begin by making excuses for all the things you said you would do. Since you agreed to be in the relationship you are in, it's time to figure out how to make things work.

You are the one who is responsible for your actions and once you begin to realise that, you will begin to see that the only one who can better your behaviour and your actions as a slave is YOU. It is not actually the responsibility of your MASTER to make sure you do things right – that's up to you. The MASTER can train you and push you in the proper direction, but you're the one that needs to take that first step.

You can begin to accept responsibility by rereading your slave contract and seeing what you have promised to provide for your MASTER. Read this again and again each day until you can recite it from memory. This will help you remember your place and your role.

Have a Positive Attitude

Allowing you to be his slave is a gift that your MASTER has given to you, so where is your positive attitude? When you're constantly grumbling about what you have to do or how you feel, you will only begin to show your bad attitude to your MASTER – and he's not going to be happy with this. You need to take some time to readjust your attitude.

Think about all of the benefits of the position you are in and what this means to your MASTER to have you and keep you as his 'girl.' You might even want to make a list of all the benefits you get to experience as a slave and then read that to yourself each and every day to remind yourself that being positive is simple when you remember just how lucky you really are.

Request Guidance when Needed

A good 'girl' is one that is willing to ask for guidance when she needs it. You do not want to ask your MASTER about things you already know. But when you are unclear on something, be sure to ask instead guessing what your MASTER wants.

You want to do things right and sometimes you need clarification. By realising when you need more guidance, you can begin to be the best possible slave girl for your MASTER and the best possible slave in your own mind as well.

When you simply jump into something, it might be a good thing to take the initiative, but only when you know what you're doing. If not, your MASTER may be displeased rather than pleased.

Being the best slave girl possible takes time and it takes patience – both for you and for your MASTER. But once you change the way you look at your role, you will begin to find it simple to choose the best actions to take, no matter where your MASTER is and what he expects of you.

Notes on Sexual Techniques

A slave girl should be an expert in all manner of sexual techniques. Though her training she should become an expert is satisfying others sexually. Her skills should be such that she can literally sexually enslave almost any man, except those of a strong enough will and mind to not only resist her charms and sexual ability, but to also make her kneel at their feet.

Compared to the common and “normal vanilla” type of romantic sexual relationship expected between couples, a slave girl’s sexual experience will focus on providing sexual activity as a service to her OWNER, focusing on her OWNER’S pleasure, instead of her own. It will also focus on being sexually available and be able to endure and enjoy sexual activity that would in a vanilla relationship considered abusive or even rape, including but not limited to forced penetration (vaginally, orally and anally) without foreplay or warm-up combined with choking and beatings.

As such a slave girl need both a different mind-set from a “vanilla girl” and needs to be greatly in control of her body, of her muscles and other parts in both mouth and throat as well as anus and vagina to be able to manage what is required of her.

Ideally a slave girl on command will be able to simply deep-throat any penis her OWNER requires her to. And she will be able to accept vaginal and anal penetration without any additional preparation or lubrication on the spot at any time, while holding a ripe peach placed in her mouth between her teeth and she will be able to deposit the peach with its skin unmarked back into the hand of her owner after he pulled his penis out and open her mouth with a smile to receive her OWNERS penis straight from vagina or anus and either clean him or bring to climax while maintaining her smile and tanking her OWNER afterwards.

To have such a level of control over her responses to stimuli both painful and sexual and over all her internal muscles demands long training and extended practice, so expecting to achieve it quickly is to deceive oneself. However the following gives some hints and tricks to learn before even starting formal training.

Even if you think you are experienced and hot stuff between the sheets, you may learn new things. If you are inexperienced and new to all of this, reading this section and making sure to apply the exercises shown to prepare yourself may make the differences between the first few times with your new OWNER being super-hot and sexy compared to cringy, painful and cry inducing.

Mastering the material in this section will prepare any girl for service to her OWNER well enough to be able to make herself useful and appreciated from the first day and to progress quickly towards becoming the perfect slutty fuck toy that any man who does not dream of owning it, would dream of submitting to in order to have her occasionally play with him.

Fellatio Tips



Whether you call it fellatio, giving head, a blow job, or going down, there is no doubt that oral sex gives men an incredible amount of pleasure when done right!

You should always start playfully. Don't be too quick at it. You should act like all you want in the world is your OWNER to cum, but you're not in a big hurry to get it over with.

Run your tongue around the edge of the head, especially on the underside, where the head meets the shaft. And then when you start taking it in your mouth, hide your teeth behind your lips. For the most part, teeth are simply too abrasive to make contact with a sensitive penis.

The best way to keep your teeth out of the way is to simply curl your own lips around and over your teeth to cover them, or open very wide with your mouth and extend your lips into an O-shape. This protects him from an accidental grazing that would take him out of pleasure and into pain.

Your OWNER wants to admire your face while you're doing this. You look so good with his cock in your mouth. Curl your tongue, make a snug bed for his cock. Cup the balls. Don't play with them separately, but as a unit.

Most men respond to speed, pressure, and regular rhythm. Start by paying attention to the tip of the penis. Then use the element of surprise and slide more fully down the length. Tilt the head side-to-side for a swirling motion of your lips in conjunction with tongue motions adds another nice thrill.

Do not use your hands on his cock, limit yourself to using your mouth. You can grasp around the base of the penis, both for balance and to keep his thrusts under control. Even better is to circle the forefinger and thumb at the base of the penis to make the erection even firmer and thus even more sensitive. With the other hand, lightly caress his scrotum, behind the scrotum, or press his perineum to stimulate his prostate gland from the outside. That sensitive gland can add a layer of pleasure he may not know exists!

See if you can catch your breath while you still keep it in your mouth. Just relax your lips over just the head and pull on it, breathe through your nose. You can always ask your OWNER to show you what he likes you to do.

Most men like to get deep inside. They want to feel your throat. It mimics sex, but it's more relaxing, intimate and more exciting. Taking the entire length of the penis into your mouth should be your goal, but it is one that can be hard to achieve thanks to the gag reflex.

DEEPTHROATING



1. CHILLAX
MUSCLES MUST BE RELAXED
TO ALLOW THE MAXIMUM
OPENING OF YOUR THROAT.



2. FIND THE GAG SPOT
WITH YOUR TOOTHBRUSH
TOUCH THE SPOT FOR
AS LONG AS YOU CAN.

3. TRAIN YOUR REFLEX
REPEAT #2 TWICE A DAY
EXTENDING THE TIME
EVERY TIME.

4. LUBE IT UP
MAKE IT AS WET AS POSSIBLE
DON'T SPIT, BUT Slobber .
SALIVA IS THE A GOOD LUBE.



5. POSITION
LIE ON YOUR BACK ON BED
WITH YOUR HEAD HANGING
OFF THE EDGE.



6. AIR FLOW
BREATHE THROUGH YOUR
NOSE BECAUSE YOUR
MOUTH IS BUSY.

7. MANTAINANCE
IF YOU DON'T USE IT,
YOU LOSE IT.
DO IT TWICE A DAY.

It's easy enough to practice taking as much of the penis length into one's mouth as possible. You can practice with toothbrushes and on Dildo's.

You can try to stick out your tongue far and then try to go deep and lick your owner's balls. This will take your focus away from the gag reflex, you aren't to worried about the gag reflex and it isn't such a big issue, in the same way that people seem to think listening to music distracts you enough to not gag. Use with precaution!

There are also benzocaine-laced candies available that help numb the throat, and benzocaine-based throat-numbing sprays such as Comfortably Numb you can ask your OWNER to get for you. A quick spray before playing with your OWNER and eventually you will learn to control your throat muscles so you can do without using either of these aids.

Urban Dictionary defines a hummer as a blowjob where the giving partner hums, to achieve the same effect as a vibrating pocket pussy. Well, if you're wondering how on earth people came up with that idea, it could be because it's really hard to gag when you're humming a cheery little ditty. Imagine that! Just remember to breathe through your nose, otherwise you'll have so much stuff going on, it might be difficult to breathe.

When your OWNER is speeding up, it means you're doing a good job. He is getting closer. Most OWNER'S like you to go until completion but sometimes they just want to warm up for penetrative sex. When your OWNER says he's about to cum, keep doing what you are doing, and if he is guiding you, let him take over. He knows what he needs.

As long as you are sure that there are no health risks, you should always take your OWNER ejaculate into your mouth. If you can accept his ejaculate in your mouth and swallow, it will be a great thrill for your OWNER. Some women object to the taste of semen, which can be bitter or acidic. There is a reason for this: men have a gland that mixes an acid in with his semen as it exits his body to help the sperm match the acidity they will encounter in the female vagina.

It is always a bit difficult not to gag with the surprise of a guy ejaculating in your mouth. One way to work around this is to deep-throat him just as he is ejaculating. With him ejaculating so far back, it is easier as his ejaculate is already being swallowed by the time you realise what is happening. His ejaculate is already partway down your throat and a simple swallow will make it go down without tasting much of it. Regardless what your OWNER'S cum actually tastes like, a good girl should be saying, "Hmm, this tastes so good" and make the appropriate face to go with the words.

Men can reduce this acidic flavour by drinking pineapple juice, and by avoiding alcoholic beverages. These techniques work well for sweetening female secretions, also, so if you want the occasional cunilingus from your OWNER, make sure you taste too sweet to be resisted!

Anal Sex Tips

Many women fear and shy away from anal sex, it has a not entirely undeserved reputation for being painful. Of course a slave girl will submit to anal sex regardless of pain and discomfort, however, it is preferable if she actually enjoys anal sex and looks forward to being used this way, rather than dreading it and submitting only out of duty or fear of punishment.

To put it simple, to get anal sex right the receiving partner must be able to deliberately relax their muscles in their anus, this makes penetration much less painful and much more pleasurable.



Of course, a slave girl's OWNER may require her to avoid relaxing her anal muscles and instead make them very tight, to produce a very painful anal sex experience for her and an incredible tight sensation for him. Well, again, knowing how to control your muscles down there is key here as well. And yes, it also helps with more vanilla vaginal sex to

have good muscle control and tone down there.

Most who try anal have no information to guide them towards a pleasurable experience. There are two sphincter muscles, and both have to be relaxed for anal sex to feel good.

The outer sphincter is a voluntary muscle, so with practice it can be relaxed at will. The second sphincter muscle is an involuntary muscle about an inch and a half inside the anus.

Because it's an involuntary muscle, you'll just have to wait for it to relax. This can take up to twenty minutes for a beginner. Anal sex should not hurt unless intended as pain-anal (painal). If it hurts, you're doing it wrong, unless this is the desired effect. Anal sex feels amazing if the second sphincter muscles are relaxed. If they aren't, forcing entry will bruise the muscles. That hurts a lot!

When people talk about anal sex being painful, this is the stage they're talking about. The only solution is to take things slowly – very slowly – and wait for the second sphincter muscle to finally relax by itself, unless the pain from forcing the second sphincter muscles open is desired.



Once relaxed, there is enormous potential for pleasure from anal sex. The second sphincter will eventually learn to relax much more quickly, taking cues from the first sphincter relaxing. This training can take months and even then can be finicky.

Anal play often requires lube. While the rectum itself does produce it's own limited lubrication, the actual anus is always dry. Dry anal, even with relaxed muscles and anus is painful. However often only a little lube (even spit suffices) is needed to lubricate the actual anus for penetration, if the muscles are relaxed enough. If the girl can handle or eroticise the initial pain from a dry penetration of her relaxed anus no lube is needed.

In order to maintain bowel control, we have all trained since childhood to keep the dual sphincters of the anus clenched at almost all times. Retraining those muscles to allow insertion takes, above all, the ability to relax.

Some suggestions to improve your abilities and prepare for anal sex:

If you have difficulty relaxing your sphincters, try some anal stimulation after having an orgasm. At that point, your entire body can't help but be relaxed.

To find your PC muscles (the muscle group to which your anal sphincters are connected), imagine you are trying to stop the flow of urine while you are peeing. You can practice by actually trying to stop the flow during urination. Those muscles you are clenching are the ones you need to pay attention to.

Inhale, and pretend you are pulling water up into your vagina and anus. When you breathe out, bear down and push out the imaginary water. For strengthening, try 10 to 30 reps per day.

Inhale deeply and contract your PC muscles, holding them for a few seconds. Relax the muscles when you exhale. This pattern of clenching/inhaling and relaxing/exhaling mimics what your body does on its own. Do 100 reps per day for increased strength and tone.

Inhale deeply, and, as you breathe in, quickly clench and release the muscles repeatedly. Do this about 10 times as quickly as you can. Relax as you exhale. Perform 20 to 50 sets of 10 per day.

Another way to help gauge your overall level of relaxation is by making it a habit to insert a soapy or lubricated finger into your anus while showering or bathing. You can practice squeezing and releasing your PC muscles at this point as well, and this provides immediate feedback about your level of relaxation.

To prepare yourself better for anal sex you can also try inserting more than one finger in your anus and letting your anus getting used to have its muscles stretched and relaxed. You will be able to feel exactly which muscles are being stretched and you will be able to gain control over them. Again, also make sure to also learn how to pull these muscles tight if required by your OWNER.



Another yucky issue is the perception that anal sex is dirty “but I poop from there!”. Naturally it is equally part of the attraction. While Anus and rectum are usually quite clean, if one had a recent bowel movement, the rectum sometimes contains traces of faeces. As a slave girl you should always expect that anal is imminent. You can help by eating a healthy diet of solid foods that are high in fiber, specifically insoluble fiber. Think bran, lentils, flax seeds, whole grains, and fruits with skins. You also need to stay hydrated, so drink lots of water. All of this will help keep things moving along regularly and, well... solidly.

Naturally, make sure you have cleared out the poop by the time you expect your OWNER, so that the anal isn't a total bummer. No-one likes the feel of their penis hitting a brick of solid poop.

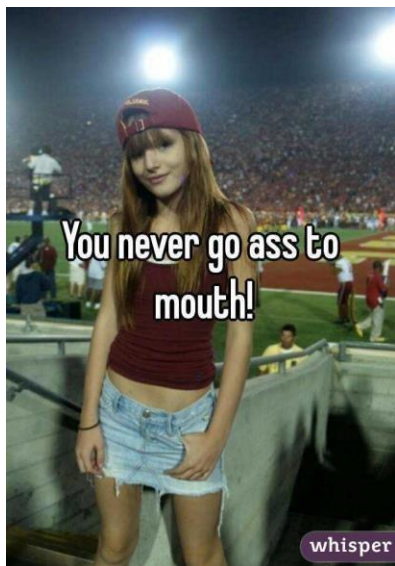
However, while regular and solid bowel movements help, the result may not be as clean as you like. Unfortunately, just splashing soapy water down your butt crack in the shower isn't going to get the job done this time.

To prep for anal fun times, you're going to need to do the full cleaning — and by that, I mean a water enema. Don't panic... it's not as scary as it sounds. Your OWNER will provide you with what you need in a Kit. It will come with everything you need and instructions on how to use it. Follow the specific instructions for your kit, but here's the gist of what you will need to do.

Find a comfortable place to lay down, like the shower or on a towel on the bathroom floor. Make sure the clamp on the line is closed then fill the bag with warm (not hot or cold) water and hang it above you. Insert the nozzle in the anus, lubricate it a little if needed. Open the clamp to allow the water to enter your body — use the clamp to control the flow.

Give the water a few minutes to work its magic, and then head over the toilet to let nature take its course. And tah-dah! That butt is clean.

Ass-to-Mouth OralSex



Ass to mouth oral sex, known by the acronyms ATM or A2M, is the practice of performing oral sex on a cock (or sex toy) that has been in your asshole without cleaning it off prior to you going down on it. While for a long time confined to professional porn, this is not as uncommon these days even among vanilla women, as you might think. If you search on just about any porn site, you'll find a huge number of videos done by amateurs where ATM is part of the encounter. There are literally thousands of videos of non-porn women doing ass to mouth (including several doing it with their own with sex toys).

I like to tell the story of a friend of mine from a few years ago. She had the hots for her gynaecologist, and finally got him into the backseat of her car one night. She was one of those women who swore up and down that doing ATM was a hard limit for her.

But when her new guy was fucking her in the ass in the back of that car, he pulled out and brought his cock up to her mouth, wanting her to go down on him. She said she didn't even hesitate and put it in her mouth. It wasn't anywhere near as bad as she thought it was going to be.

As a slave girl you have no choice on this, if your OWNER just had his penis in your rectum and places it in front of your mouth, you'll do anything demanded, even if you would likely balk at them under any other circumstances. Given that, understanding how ATM works and knowing how to handle it if it comes up is something every slave girl should put some thought into. So even if doing ass to mouth is something that holds no interest for you, you should be aware of this information as you may find yourself in such a situation anyway.

Why Would I want to do ATM? There are a couple of primary reasons. Perhaps the single best reason to do it is that it allows you to move between anal and oral sex without any interruption in the flow of the sex. Being able to move from sex act to sex act fluidly without having to interrupt to clean something off allows for a more robust experience in the eyes of many people. For a lot of people stopping to wipe off and do a serious inspection will put a serious dent in the flow of this sexual encounter.

Second, it's a fantasy of a lot of guys. They see it in porn and think it's an incredibly slutty act (which it is), and it becomes one of those sexual bucket list things for them. One of your roles as a slut is to fulfil sexual fantasies for your partners (within your own boundaries), of course. And for some women, the very sluttiness or "dirtiness" of the act makes it a fantasy for them as well.



What will it Taste Like? Concern about the taste is perhaps the single greatest hurdle to doing ATM for most people. The truth of the matter is that, if your butt's clean, it probably won't taste like anything other than the lube you're using.

From a girl frequently engaged in ATM: "In my experience, there's usually a

slightly salty taste with a hint of bitterness in it when I first go down on a cock that's been in my ass, but within a few seconds, the only thing you taste is cock."

Obviously, if the penis comes out with faeces on it, it's not going to taste good at all, however.

One good way to find out how you're going to taste is to stick a finger in your own ass, pull it out and put it in your mouth to taste it. Lube a finger up, insert it into your asshole, then withdraw it and see what it tastes like. You can try just inserting it into the anal canal first, and if that's not too nasty-tasting, try pushing the finger in as deep as you can get it. Finger fuck yourself for a couple of seconds, then pull it out and taste it. The cocks that come out of your rectum are going to taste just like that finger.

You can ameliorate the taste by using some kind of lube that has a flavour to it, by the way. If you're fucking without condoms, something like coconut oil work great.

From a girl frequently engaged in ATM: "When I started masturbating, I used to stick a finger in my mouth to get spit on it, and would insert the finger into my asshole when I was playing with my cunt.

As I did that, over and over again I'd just pull my finger out of my butt, put it back in my mouth to get more spit on it, and then reinsert it into my backside as I played with myself. I did all of that before I even knew ATM was a thing, and was never once yucked out by any taste.

So when I started doing anal with guys, it just seemed like a natural progression to me. Obviously, that's not going to be the case for most women, but the point is that, although it has a nasty reputation in the eyes of some, it is largely undeserved in my opinion."

Are there Health Risks? Many people make assertions that doing ATM will cause people to get sick at their stomachs, or get E.coli infections, and so forth. Everyone who's ever make those statements are people who've never done it. It is extremely hard find even one

anecdote from anyone who's actually done ATM claiming they had any negative side effects from it. You will also see just about every "sex educator" of note extolling the "dangers" of going from ass to mouth.

Yes, for many it may be a bit gag-inducing, if you get over that, there's nothing risky or dangerous about putting a cock that's been in your butt into your mouth. Even modest amounts of faecal matter are no problem, gastroenterologists routinely note that eating your own poo is actually safe health-wise. Doing ATM, even if there is a bit of faecal matter on the penis (the famed "dirty ATM"), isn't going to make you sick or give you any disease you don't already have.

Doing ass-to-mouth oral sex is a pretty straightforward thing, really; there's no "trick" to it if you can handle oral. As he's fucking your asshole, and when he is ready to move to oral sex, he will simply the cock out of your ass and bring it up to your face where you can do a quick visual inspection of it. Obviously, if there's a lot of faecal matter on it, you need to wipe it off first or steel yourself for the taste of your own poo.

For most girls, there's not going to be noticeable material in the rectum to begin with (and if you've used enemas to clean out, so much the better). As slave girl it is your responsibility to keep yourself clean enough, so normally ATM should be no issue. If you failed to prepare yourself adequately, well as slave girl you should not really mind doing "dirty" ATM anyway as compensation for your lack of attention to cleanliness..

If you wish to take the slut factor in this act to an even higher level, add some dirty talk into this mix. Phrases like, "I want to taste my ass" or "I want to taste my ass juice" will *really* get a guy hot. When you're actually giving him head, a phrase like, "Hmm, my ass tastes so good," or the like works well also.

After you've gone down on a cock that's been in your ass, rinse your mouth out with mouthwash. This will kill any germs that you might come into contact with and will disabuse your mouth of any aftertaste. Otherwise, it is no different than after any other instance of having performed "regular" oral sex.

That's pretty much it. It's a straightforward kind of thing, with the primary hurdle being getting over the "eww" and "yuck" factor that jumps into the mind of most people when they think about putting anything into their mouths that has been in their butts.

Endorphin and BDSM



To those not into BDSM, on the vanilla side of the fence are often bewildered by the BDSM penchant for spanking, punishment etc. Most vanilla people seeing a picture of a well and truly spanked out spankee will only react with horror on the marks, mumble something of abuse or crazy people.

Hence the rule no to scare little old ladies. But you are not a little old lady, you a girl looking to become a slave girl, you will be spanked and severely so, you will be marked by whips and no doubt this fills you with a certain dread.

It is time you learned one of the inner secrets of BDSM and why a lot of pain is a good thing, even pain from brutal anal sex, pain from being beaten hard and why instead of trembling with fear you will soon tremble with anticipation at the thought of being seriously and thoroughly hurt. That is not to say that your OWNER will not have a few things that can be used as real punishment without any of the good bits, he has and rest assured, these are being kept for a rainy day when you have been very, very bad and need a real punishment.

The little secret are endorphins. Although everyone into the BDSM scene has heard of endorphins, very few people even inside the scene really understand what they are, how they work, what the “endorphin high” is all about, and how one can correctly induce the body to produce them.



This short primer will answer those questions, and serve as a guide for anyone topping so that they may successfully send their slave girl into a very deep endorphin stupor (also known as “leaving them in a big puddle of quivering ecstasy”).

The endorphin high is caused by a bunch of natural, morphine-like chemicals the body pumps into the brain to reduce a person’s sensitivity to pain and raising the pain threshold. The fact that the body seems to release these endorphins in measured “loads” is a key to understanding how to manipulate the body to produce these loads and release them into the body and brain region when the load is ready.

Another chemical, adrenaline, is also produced by the body in reaction to pain, and its behaviour should be understood also. This is covered later more thoroughly in the section on aftercare, which is a very essential element in guaranteeing the success of the effort.

The endorphin loads release in their entirety, and it takes the body about ten minutes to generate another one. After the body releases a load into the system, it needs at least ten minutes of some sort of stimulation before it will be ready to release another one. This stimulation can be just about anything – sensation play, light paddling, flogging, or light caning, for example – and it does not have to be nearly the intensity of the stimulation that caused the release of the last endorphin load.

Once prepared, an increase in stimulation over a five-minute span up to a measured “climax” will trigger the body to release the freshly-prepared load, based upon the slave girl’s current pain threshold, measured to push them over a new edge.

The “Scene’s” Progress

When a scene first starts, there are no endorphins in the slave girl’s system and even fairly light torment is very stingy, ouchy, and, well, painful! Fortunately, the body keeps an endorphin reserve in place ready to release in case of an emergency. This reserve endorphin load is released after just a few minutes of even relatively mild stimulation building to a mild climax, and suddenly the pain threshold clearly rises. Now, the subject can easily tolerate what may have been pushing the limits before, making her jump around and squirm, for instance. This new, more pain-tolerant state is Level One. There is no altered state of consciousness yet, but there is an increased pain threshold.

Once this has happened, for the OWNER the next 10 minutes is spent doing anything that provides relatively light but constant stimulation to induce the slave girl’s body to create the next endorphin load for release. This is a good time for sensation play, light paddling, flogging, or whipping. This is a chance for the OWNER to relax, since the stimulation can be very mild and easy to apply during this time.



Once the ten minutes has passed, a build in intensity over a subsequent five-minute period will excite the body to a peak, and a sudden 10 to 15 seconds of intense stimulation just beyond the slave girl’s current pain threshold limit will trigger the body to eject its freshly-made endorphin load into the bloodstream. Now the slave girl will be at Level Two, with still no perceivable altered state of consciousness (beyond panting in relief that you, the OWNER, have ceased with the intense bit), but there is a considerable and noticeable leap in pain threshold now.

Following this, another ten minutes of mild, easy stimulation provokes the body into generating the next load. Keep this well below the pain threshold you've now created, with just a little intense whack every so often, about a minute apart. This will keep the adrenaline build-up to a minimum, for reasons explained later on. Time to relax, OWNER; rest that arm and wrist a bit! This relaxing ten minutes is followed with five minutes of building the intensity again to well above the previous level. The slave girl's pain threshold is pretty high now and she can take a lot more before the body interprets this as being "in crisis" and triggers the next endorphin release. Finish off with 10 seconds to a minute of a very intense, over-the-edge push, and the body will inject that next load.

Now at Level Three, the slave girl will definitely feel a little bit woozy, exhibiting a mildly-drugged state. Her eyelids should appear droopy, and she will fall into a more relaxed condition than before, more low moans and groans, and lower inhibitions. Again, applying ten minutes of any relatively mild stimulation followed by a five-minute build and a 10- to 15-second intense climax well beyond the previous one will release the next endorphin load and push the slave girl into a very nice Level Four head space.

At this Level Four state, there is a very definite altered state of consciousness. The slave girl will feel drugged and will be very compliant and submissive now. This is countered, however, by the largest charges of adrenaline she has received so far, the result of the intense climax just used to push her over this edge.

The slave girl is still quite communicative and her reaction time is still quick. The slave girl may even be hypersensitive: a small whack with a paddle, cane, or whip can now generate a huge amount of twitching or jerking of the subject's body. Now, during the ten minute "treading water" period for the OWNER, the moans and groans will be longer and deeper, the body often limp in its restraints, and the reactions to the occasional harder strikes will be obvious. This is the OWNER'S finest time: he can still relax and not exert herself very hard, yet produce fine moans of ecstasy from his slave girl with hardly any provocation! The pain threshold is high even though the reaction time is faster from the adrenaline. Harder occasional strikes are welcomed, and the reactions are certainly encouraging!



Sexual play with the slave girl should occur around Level Three or Four. It may be made painful enough to take the slave girl to the next level. After hitting Level Five, the slave girl may be unable to concentrate for long on what she is doing. That can result in passionate and inhibition-free indulgence, resulting in heights of ecstasy never before experienced, or the slave girl can lose interest and be unable to concentrate. There's no telling which way the slave girl will go once she achieves Level Five or Six.

After this ten minute endorphin replenishment period, it is important to be very sensitive to the limit levels crossed earlier, as the OWNER begins that five-minute build in intensity that will end in the most intense limit-pushing the OWNER might do with the slave girl for this session (presuming the OWNER stops at Level Five). The slave girl will have a very high pain threshold at this time, but also will be fairly groggy and less able to communicate a safe word. In fact, the slave girl will now be so compliant that it is very unlikely that she would use it even if she ought to do so!

So, push this “grand finale” with finesse and sensitivity to what is going on with the slave girl! At the other end of the 10- to 30- second climactic build in intensity – in a wonderful blast – this latest endorphin load will push the slave girl into Level Five: a state of supreme ecstasy, docility, and the slave girl’s ability to take just about anything the OWNER could do to her. The slave girl will become very limp and relaxed very suddenly – and be very clearly in an altered state of consciousness.

This is the point most people end the scene and remove the slave girl to cloak her in a blanket and begin the all-important aftercare, and unless the OWNER knows the slave girl extremely well, this is where the session should end. However, for those who do know the slave girl’s limits, the rules and timing are the same as with the earlier segments. Now, the “mild” stimulation could be fairly intense, and the slave girl will become extremely submissive and accepting of any amount of stimulation the OWNER bestows upon her.

This is a dangerous condition because there is NO WAY a person will utter a safe word in this condition. The slave girl can barely talk at all! It is best to keep the stimulation relatively intense but not too extreme. The stronger intensity will hold up the adrenaline levels, and the combination with the elevated endorphins levels creates a condition of intense excitement and of simultaneously intense ecstatic relaxation for the slave girl, so she’ll be into receiving whatever is being doled out

Again, finish off after the ten minutes with a building in intensity to one beyond that reached earlier, with a 10- to 15-second extreme point, and the next endorphin load will be released. Now we have brought the slave girl to a very amazing Level Six! Again, this should only be attempted with a slave girl whose limits and abilities are already very well known. The OWNER is working without the benefit of safe words, extreme care is needed.

The slave girl’s behaviour can become unpredictable at this point with all the adrenaline and endorphins coursing through the body. Be prepared to restrain against some wild thrashing and arm flailing (or at least be out of harm’s way). The slave girl is in such an intensely altered state of consciousness that her reactions could possibly be extremely primitive in nature. She may only be capable of animal-like noises and very little speech. Following this reasoning, approach the subject as you would a wild animal: very gently, speak soothingly, and gesture in a calming manner. Be prepared for sudden jerking, or attempts to get away. Don’t take the erratic behaviour personally! At Level Six, this person is totally ga-ga! Be assured, the slave girl is enjoying every millisecond of this experience, and a very long period of dreaminess is now in store for her if the aftercare is handled properly.

The Aftercare

Why all this talk about the aftercare? The work of putting endorphins into the subject's body is finished, right? Well, yes, but you have also succeeded in putting very, very large amounts of adrenaline into the slave girl's system, and adrenaline is tricky stuff. Even at Level Four, aftercare is important because of how quickly adrenaline burns off compared to endorphins, which burn off very slowly. At Level Five or Level Six, there is enough adrenaline in the body that it will take at least 10 to 20 minutes for it to burn off (or longer). During this time, the slave girl is likely to experience a number of adrenaline crashes (similar to coffee jags). Some of these can be intense and even quite frightening. The slave girl will need to be kept warm and be held and comforted AT LEAST throughout this period of adrenaline burn-off.



The adrenaline “crash” experience for the slave girl is something many, many OWNERS are unaware of, and they have no concept of the amount of harm they could be doing to someone's psychological state by not performing adequate, comforting aftercare. All the slave girl needs now is to be held and to hold you (or whoever you assign to perform aftercare), to be comforted by your presence, and to be allowed to make you become the entire focus of their awareness. No stroking, or massage, or other stimulus is needed or even desirable at this time. What is important is to keep in contact with the slave girl (not requiring words as responses, merely nods), and instruct the slave girl every little while to relax. The adrenaline will have her in a very agitated state – with high heart beat and breathing levels – and this situation is completely counter to the endorphin experience. Sure, the slave girl has a ton of endorphins in her system,

but the adrenaline is presently holding the endorphins off and the slave girl isn't experiencing their full effect. The OWNER'S guidance is extremely important to help the slave girl relax through the adrenaline burn-off period.

In Aftercare, while gently holding the slave girl and letting her hold you back, coo softly and comfort her, and tell her to let himself relax. You will feel her do so as she complies to your wishes, as she is quite docile and open to receiving instructions at this point. But she will also slowly tense up again from the adrenaline. Keep reminding her to relax, telling her to give herself permission to relax totally.

As the slave girl begins to relax after a while, she may experience a frightening “falling off a cliff” feeling that makes her tense again, or “blackness” as the endorphins relax the slave girl's optic nerve. This is a side effect of the chemicals burning off. The OWNER's job is to reassure the slave girl that these experiences are completely normal, to let go and pass

through it. The slave girl has to relax through the sensation of falling or blackness with the understanding that this is quite normal and is a common experience.

Once she does that, having “relaxed through it,” she will be “in it” after that point, and will relax deeply, often seeing beautiful Technicolor visions and dreamlike landscapes, spaces, and places. How sweet! Once this happens, your slave girl needs only a little more loving attention, and can then be left bundled in a blanket somewhere on her own to float in a happy bubble, very possibly for hours!

I believe I can Fly!



There is another factor that can produce an altered state of consciousness far, far beyond even that of the most extreme endorphin experience. This is experienced by slave girl's whose intense focus upon their OWNER – and upon pleasing them – eventually leads to a hallucinogenic kind of altered state known commonly in the BDSM community as “flying.” This word has an almost mythological aura in the scene for very good reasons! It is probably the most profound experience one can have as a slave girl.

It involves a state of intense devotion towards the OWNER that borders upon religious worship, with complete trust and a total commitment to please and satisfy the OWNER thoroughly. Through the attainment of a complete selflessness and focus on the OWNER, a transformation takes place that is very, very deep, almost trance-like. It can become so profound as to produce an extended, blissful hallucinogenic state. Many have reported even seeing visions under the spell of this “flying” effect. All have attested to the profound sense of peace and bliss they have experienced while even near the edge of this state.

This flying state can be attained by some with relatively little endorphin content in their systems. However at least a level Three or Level Four endorphin high in order to trigger the total release of inhibitions that this psychological state are required. With practice, the release into this “flying” submissive-space should come easier and easier, eventually with even a mere suggestion triggering the effect for some with very little or even no endorphin content being in the picture.

COMBINED with the Level Five or Six endorphin head space, there likely can be no deeper state of ecstasy possible for the slave girl — short of total enlightenment! Until such an experience of full enlightenment can be accomplished, perhaps the attainment of this interim bliss is acceptable, and certainly should be considered an attractive and enjoyable state to be in! The secret ingredients are: intense focus; a commitment to please the dominant utterly; and, complete and total devotion. These ingredients – with some endorphins in the mix – should produce a quite satisfying effect for both the slave girl and the OWNER.

